

## SUCCESS STORIES

**Being diagnosed with ADHD began a process that would lead me to completely reevaluate all the attitudes and beliefs I held about myself and start to feel liberated.**

ADHD was not on my radar but clearly should have been. Learning how to pin point what was happening in my brain, how I was reacting to it and then learn how to better calm and control my impulses has been eye opening and life changing.

Learning about ADHD has helped me understand myself and it's helped my whole family understand themselves. We've learned how living with someone with ADHD can effect the entire household. It's profound to recognize the true source of so many issues my family has struggled with over the years.

Having the insight about ADHD is life-changing and freeing because you can finally understand yourself. I'm always rooting for others to pursue the diagnosis because it has helped me so much.